

11-2018

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The Scoop

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SAVE THE DATE

11/15: BYOL Lunch and Learn Series -

Benefits of Gratitude

12pm - 1pm

Room 211

11/29: UCF COM Book Club Meeting

Join us for a discussion on
"A Study in Scarlet Women"!

12pm - 1pm

Room 210E

REMINDER:

The library will be CLOSED for both
Veteran's Day on 11/12 and the
Thanksgiving Holidays 11/22 - 11/23

MeSH Term of the Month

Your search term in the MeSH database:

"OVEREATING"

MeSH Term:

"HYPERPHAGIA"

DESCRIPTION:

Ingestion of a greater than
optimal quantity of food.

Visit Pubmed.gov to learn more terms!

4 Ways to show Gratitude

This November, remind your friends, family, and colleagues how important they are by reminding them how thankful *you* are for all that they do! Try out these suggestions for showing gratitude:

1. A good, old-fashioned thank you note - remember, it doesn't have to be long! Just a quick note about how much you appreciate them will make their day.
2. Cover a chore or task (without being asked) - take care of a small task or chore for someone to let them know that you appreciate all the times they've helped you out.
3. Bring them a snack, meal or dessert - treating someone to yummy food is a great way to brighten their day and show them you care.
4. Leave a gratitude sticky note where they will find it - Just complete this sentence: "I really appreciate how _____ you are! Thanks!"



APP OF THE MONTH

Never forget a side dish again

Perfect
Potluck

Planning a Friendsgiving? Want to make sure there aren't three green bean dishes but no potatoes? It's not an app, but **Perfect Potluck** can easily help you plan a potluck like a pro! Create an online sign-up sheet for a shared meal along with these other cool features:

- Perfect Potluck sends invitations to attendees as well as automated reminder emails.
- The website has lots of easy group recipes for inspiration.
- Includes a potluck calculator to help you figure out the portions you need to make for your group size.

PerfectPotluck.com

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INFORMATION. Anywhere, Anytime, on Any Device

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